



*Bellevue Parks &
Community Services*

FALL 2017



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American Sign Language (ASL) or other interpretation available upon request. Assisted listening devices available. Call at least 48 hours in advance for any request. 425-452-6885 or Relay Service 711.

The goal of Youth Sports & Fitness programs is to provide quality programming with responsible leaders so youth have the opportunity to grow and learn. We are a program in which opportunity for participation is provided to all those who enter, regardless of skill and ability. We wish to provide youth with a fun learning experience and the opportunity to develop lifetime sports and fitness skills.

The Bellevue School District does not sponsor nor endorse this event and/or information, nor does the district assume responsibility for it. In consideration of the privilege to distribute materials, the Bellevue School District will be held harmless from any cause of action filed in any court or administrative tribunal arising out of the distribution of these materials, including costs, attorney's fees and judgments or awards.

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SOCCER LEAGUES

YOUTH SOCCER PROGRAM INFORMATION

The Youth Sports Soccer League is specially designed to help your child understand the team concept of soccer, enhancing their dribbling, passing, scoring and defense. The values of teamwork and strategy along with understanding the importance of sportsmanship create an environment that promotes positive developmental assets amongst our youth.

- **League Structure:** The first 2 weeks are practice, followed by 5 weeks of games. This league is a one day per week commitment. Always the same location and time.
- **Uniforms:** Jersey is included in the registration fee and will be issued on your first game day.
- **Shin guards are required for all soccer leagues.**
- **Inclement Weather Policy:** Cancellations due to inclement weather will be made by the Recreation Coordinator at the field. Coaches and players must report to the field. Soccer is an all-weather sport. Come prepared to play in all weather!
- **VOLUNTEER COACHES NEEDED:** Volunteer soccer coaches are needed. Call 425.452.4627 for more information and to receive a \$20 discount towards your registration fee. Background check required & attendance to mandatory coach's clinic to receive discount.
- **Participants will be assigned to teams based on the following:**
 1. Special request for coach.
 2. Special request for ONE teammate. Additional requests for teammates will not be considered.
 3. Age and gender of participant.

Please note that there are no guarantees regarding requests or team assignments. All requests must be made before September 12 by email to sgonzales@bellevuewa.gov or by calling 425.452.4627

I've signed up for soccer...now what do I do? You will be contacted prior to the league start date via email. This email will include your team confirmation and parent packet. Team confirmations will be sent no later than September 19.



MIGHTY MITES SOCCER LEAGUE (AGES 5-6)

This 5-6 year old co-ed league, is a great way for your little star to begin team play with emphasis on participation, fun, and skill development in an instructional setting. This 7 week league, will give your child the basic instructions of dribbling, passing, scoring and teamwork. We will begin with 2 weeks of team practice followed by 5 weeks of games on Tuesdays from 4:15-5:15pm at Robinswood Sportsfield. Come and join the fun. **Volunteer coaches are needed for this league.** Max 6 players per team.

Robinswood Sportsfield

4:15-5:15pm

Tue, Sep 19-Oct 31

Resident: \$80

Non-Resident: \$95

[#115501](#)

YOUTH SOCCER LEAGUE (AGES 7-9)

This 7-9 year old co-ed instructional league is a great way to further develop and enhance your basic knowledge and skills in soccer. This 7 week league, will emphasize positive sportsmanship and team play while having fun. We will begin with 2 weeks of team practice followed by 5 weeks of games on Wednesdays from 4:15-5:15pm at Robinswood Sportsfield. Come and join the fun. **Volunteer coaches are needed for this league.** Max 7 players per team.

Robinswood Sportsfield

4:15-5:15pm

Wed, Sep 20-Nov 1

Resident: \$80

Non-Resident: \$95

[#115502](#)



FALL BASEBALL CLASS (AGES 8-13)

Quality baseball instruction - hitting, throwing, fielding, games, scrimmages, and more. Located at the new Hidden Valley Park, this Wednesday afternoon fall baseball class is well-suited for all players from the aspiring to the elite taught by Steve Goucher, a former professional baseball player, and an Atlanta Braves scout who has coached baseball at all levels. Don't miss out on the fun.

Hidden Valley Park (Baseball Field #1)

Wed, 1:30-3pm

Resident: \$129

Non-Resident: \$140

118785

Sep 13-Oct 18

PRE SEASON BASKETBALL CLINIC

Want to improve your basketball skills and fundamentals? This Pre Season Basketball Clinic creates an opportunity for coed players, ages 5-11 to participate and learn the concepts of basketball, develop their game, and prepare for the upcoming basketball season. Clinics focus on helping athletes improve their skills and develop their talent by learning basic practice drills and emphasizing the fundamentals such as dribbling, shooting, defense, passing and much more! Min10/Max 30

Tyee Community Gym

Thur, Apr 27-Jun 8

#118634

Ages: 5-6

Mon, Nov 6-Dec 11

(No Class Nov 20)

#118635

Ages: 7-8

Tue, Nov 7-Dec 12

(No Class Nov 21)

#118636

Ages: 9-10

Wed, Nov 8-Dec 13

(No Class Nov 22)

#118637

Ages: 11-13

Thur, Nov 9-Dec 14

(No Class Nov 23)



COURSES

BIDDY MULTI SPORT (AGES 3-4)

Come join the NEW Biddy Multi Sport class! This 4 week parent/guardian participation required program will cover basketball & soccer . Each class is 45 minutes in length and encompasses developmental sports lessons along with activities proven to build and mature a child's motor development, hand-eye coordination, and cardiovascular fitness. The result of our action-packed curriculum is a program which allows every child to build their skills at their own pace within a non-competitive, learning-based environment that emphasizes patience, teamwork, and self-confidence. Min 6 /Max 12

Tyee Community Gym

Sat, 9-9:45am

Resident: \$45

Non-Resident: \$54

#111927

Sep 16-Oct 7

#111928

Oct 14- Nov 4

#111932

Nov 1-Dec 9

(No Class Nov 25)

South Bellevue Community Center

Thu, 11-11:45am

#111930

Sep 14-Oct 5

#111931

Oct 12-Nov 2



INDOOR SOCCER LESSONS WITH MICHAEL SMITH (AGES 4-6)

Come and learn the fun game of soccer! Each session our theme will focus on one soccer technique; dribbling, passing or scoring goals. Participants will also actually play small sided soccer games. Children will learn to play with teammates and develop balance/coordination while developing good habits of staying on task and improving their listening skills.

Resident: \$65

Non-Residen: \$77

South Bellevue Community Center

Tue

[#112693](#)

11-11:45am

Sep 19-Oct 24

[#112665](#)

11-11:45am

Oct 31-Dec 5

Highland Community Center

Wed

[#112681](#)

1-1:45pm

Sep 20-Oct 25

[#112679](#)

2-2:45pm

[#112682](#)

1-1:45pm

Nov 1-Dec 6

[#112685](#)

2-2:45pm



SUPERSTIX GIRLS LACROSSE CLINIC (AGES 6-14)

Bellevue Parks & Community Services in partnership with Seattle SuperStix Lacrosse Club is excited to offer SuperStix Junior Lacrosse, for girls, ages 6-14; Lacrosse is the fastest growing sport in the nation. Consistent training is the main aspect that helps to greatly accelerate learning and retention for young players. The program will be run by US Lacrosse credited coaching staff and High School girls lacrosse players. Skills developed are: agility and evasive running, ball handling, cradling, catching and shooting in a fun friendly environment. Team work and sportsmanship are fundamental to this program. Players of ALL Skills levels are welcome and will be grouped accordingly. Emphasis will be on safety and fun at all times, and physical contact is limited. Min 8/Max 30

Equipment Needed: Mouth Guard, Lacrosse Goggles, Lacrosse Stick Cleats recommended. Some goggles and sticks available to borrow. Available at cost from SuperStix.

Robinswood Park (SW Field) Thur, 4:30-5:45pm

Resident: \$125

Non-Resident: \$150

#115435

Sep 21-Oct 26



MARTIAL ARTS

KENDO (AGES 8 & UP)

Highland Community Center Fri, Sep 15-Dec 15 (No class Nov 10 and Nov 24)

Resident: \$84

Non-Resident: \$100

[#112182](#)

Beginners

6:30- 8pm

[#112552](#)

Intermediate

6:30-8:30pm

[#112562](#)

Advanced

7:30-9:30pm

BEGINNING KENDO

Kendo is a coed martial arts sport based on Samurai traditions requiring both mental and physical discipline. Participants use a Bokken (oak sword) for weeks 1-4, at week 5 a Shinai (bamboo sword) is also required (\$25). Participants must purchase a bokken (oak sword) either before or at the first class, cost is \$25 check or cash. Beginning students should arrive at least 20 minutes early for the first class. Beginning students should wear loose fitting clothes. The beginning class focus is on learning basic footwork and sword handling. Upon completion of the beginning class, continuing students enroll in the intermediate class. Prospective students should make an effort to research kendo prior to signing up for the class. Min 10/Max 25

INTERMEDIATE KENDO

(Prerequisite-Completed Beginning Kendo Class or equivalent)

Intermediate Kendo is a continuation of where the students progress to actual striking of live targets. Once the student has progressed in skill they will be able to move into wearing armor and engage in bouts with other students. Students remain in intermediate until they have transitioned to armor. During intermediate kendo students generally purchase uniforms which are required for advanced kendo. All students in armor are in the Advanced Class.

ADVANCED KENDO

(Prerequisite-Intermediate Kendo Class or permission from instructors)

Advanced kendo is for those students that have completed beginning and intermediate kendo and are in armor (bogu). Individuals with previous experience must contact the teacher for approval to enroll in advanced kendo.



SELF DEFENSE/HAPKIDO (LITTLE WARRIORS AND/OR BEGINNING) (AGES 5-12)

This co-ed course helps young people develop coordination, balance, focus, strength, self-esteem, group interaction, communication skills and discipline, while teaching personal safety/self-defense in a safe, friendly environment. In addition to lots of conditioning exercises, students will learn a basic kicks, strikes, throws, evasions, grappling and weapons. Uniform required & available at class for a fee.
www.conquerorhapkido.com Min 10/ Max 30

North Bellevue Community Center

Resident: \$50

Non-Resident: \$60

Mon and Wed

5:30-6:30pm

#112751

Aug 30-Sep 27

(No class Sep 4)

#112752

Oct 2-25

#112753

Oct 30-Nov 22

#112754

Nov 27-Dec 20

SELF DEFENSE/HAPKIDO (WARRIORS AND/OR INTERMEDIATE/ADVANCED) (AGES 13 & UP)

This coed course builds on skills introduced in the beginning class and helps young people and adults successfully face physically confronting issues. With a blend of traditional and real-world scenarios, students learn to identify, avoid and de-escalate potentially dangerous situations. While refining on skills learned from beginning class, students will start learning joint locks, pressure points (adults only) and weapons. Prerequisite: Graduation from the beginning class, or age 13 and above. Full sparring gear is mandatory for this class or student will not be allowed to participate in sparring sessions which is an essential and a requirement for their progress in Hapkido.

Classes taught by certified World Hapkido Association instructor. www.worldhapkido.com. Instructor permission required to attend. Min 10/ Max 30

North Bellevue Community Center

Resident: \$50

Non-Resident: \$60

Mon and Wed

5:30-6:30pm

#112792

Aug 30-Sep 27

(No class Sep 4)

#112793

Oct 2-25

#112794

Oct 30-Nov 22

#112795

Nov 27-Dec 20



CHEERLEADING

BASKETBALL CHEER SQUAD (AGES 5-13)

Come learn to cheer! This is the beginning-level cheer squad that cheers for the Bellevue Parks Youth Basketball League. We practice once a week from September to December, then cheer for our teams in weekly games from January to March, in real cheerleading uniforms! Come join the fun! Mandatory parent & cheerleader meeting and uniform fitting on the first day of practice, September 28th at 4:15pm at Highland Community Center. Additional uniform costs will be incurred for this class.

Both fall and winter sessions are included in the registration fee!

Highland Community Center

Resident: \$169 Non-Resident: \$179
#118646 4:1-5pm Thur

Sep 28-Dec 14 (no class Nov 23)

Games Tue, Jan-Ma (time/dates TBA)

DREAM TEAM CHEER SQUAD (AGES 7-18)

Be a part of the Bellevue Parks beginning-to-intermediate level cheer squad. You'll learn dances, cheers, and beginning tumbling. There will be opportunities to perform too. Dream Team has performed at halftime for the Seattle Storm and University of Washington basketball games. Previous experience is **not** required—contact instructor with questions. Some extra uniform costs may be incurred for this class.

Highland Community Center

Resident: \$85 Non-Resident: \$92 (6 classes)

<u>#112712</u>	2:30-4pm	Wed	Sept 20-Oct 25
<u>#112713</u>	2:30-4pm	Wed	Nov 1-Dec 13 (no class Nov 22)
<u>#112710</u>	4-5:30pm	Fri	Sept 15-Oct 20
<u>#112711</u>	4-5:30pm	Fri	Oct 27-Dec15 (no class Nov 10, 24)



DANCE/DRILL TEAM (AGES 11-18)

Be a part of the Bellevue Parks Dance Team! Do you want to learn to dance, or improve your technique? Are you thinking about trying out for your high school dance team, drill team, or cheerleading squad? This team works on beginning-to-intermediate level spirit-style dance technique focusing on hip-hop, precision, and pom styles. There will be opportunities to perform too. Dream Team has performed in the past at halftime for the Seattle Storm, the University of Washington Basketball, and numerous community events. Previous cheer or dance experience is recommended but not required—contact instructor with questions. (Some extra costs may be incurred for this class.)

Highland Community Center

Thur, 5-6:30pm

Resident: \$85

Non-Resident: \$92 (6 classes)

[#112727](#)

Sep 21-Oct 26

[#112728](#)

Nov 2-Dec 14 (no class Nov 23)

POWER SQUAD (AGES 8-18)

Intermediate level cheer class for those who want a more intense program without being on a competitive team. This team focuses on stunting and tumbling, with some dance as well. Pre-requisite: a minimum of one session on Dream Team or Dance/Drill Team, concurrent registration on Dream Team or Dance/Drill Team, and instructor permission. (Some extra costs may be incurred for this class.)

Highland Community Center

Wed, 4-5:30pm

Resident: \$85

Non-Resident: \$92 (6 classes)

[#112730](#)

Sept 20-Oct 25

[#112731](#)

Nov 1-Dec 13 (no class Nov 22)

BEGINNING/INTERMEDIATE TUMBLING CLASS (AGES 7-18)

This is a great class for starting and improving your tumbling skills. We use a series of progressions to work from doing bridges and cartwheels up to back handsprings and back tucks. This small class is specifically geared towards tumbling for cheerleading.

Highland Community Center

Thur, 4:15-5pm

Resident: \$62

Non-Resident: \$74 (6 classes)

[#112738](#)

Sept 21-Oct 26

[#112739](#)

Nov 2-Dec 14 (no class Nov 23)



BEGINNING TUMBLING CLASS (AGES 7-18)

This is a great class for starting and improving your tumbling skills. We use a series of progressions to work from doing bridges and cartwheels up to back handsprings and back tucks. This small class is specifically geared towards tumbling for cheerleading.

Highland Community Center

Thur, 5-5:45pm

Resident: \$62

Non-Resident: \$74 (6 classes)

[#112740](#)

Sept 2-Oct 26

[#118651](#)

Nov 2-Dec 14 (no class Nov 23)

CHEERLEADING AND CROWD LEADING WORKSHOP (AGES 7-18)

This cheerleading workshop is aimed at those who want to improve their sideline cheer skills. The focus is on effectively leading the crowd, jumps, tumbling, and cheer basics. This is a fantastic opportunity to improve your skills! Please bring a snack, sack lunch, a water bottle, and wear comfortable clothes and tennis shoes.

Highland Community Center

Sat, 12:30-4pm

Resident: \$39

Non-Resident: \$49

[#118652](#)

Nov 18



SKATEPARKS

CITY OF BELLEVUE SKATE PARKS

BELLEVUE INDOOR SKATE PARK AND SKATE SHOP – NEW DESIGN FOR 2017

This newly-remodeled indoor facility features A BRAND NEW VERT RAMP, three foot mini ramp, a micro mini mega ramp, vert wall, 28 feet of pool coping on a six foot ramp as well as a variety of quarter-pipes, banks, rail, ledges, and hubbas. A brand new Pro Shop has been added to fulfill any skateboard and safety equipment needs. Bellevue's first skate park was created in 1994 as part of a Youth Link project. It is renovated annually by skateboarders. Over 100,000 skateboarders have joined since the park opened. 14224 Bel-Red Road, 98007.



FALL/WINTER PARK HOURS

Mon, Thu, Fri	3-8pm (Open Session)
Wed	1-8pm (Open Session)
Saturday & Sunday	12-1:30pm (12 & Under)
1:30-8pm (Open Session)	

PARK FEES

Lessons:	\$25/½hr ID Card*:	\$10(R)	\$12(NR)
Session:	\$5(R) \$6(NR)	10 Session Pass:	\$45(R) \$55(NR)

RENTALS

For information about our various rental packages, contact SK8@bellevuewa.gov or call 425-452-2722.

*To purchase an ID card, you must have a parent or guardian signature if you are under 18 years old.

HIGHLAND OUTDOOR SKATE PLAZA – UPDATED FOR 2017

This 13,000 square foot public skate park replicates some of the world's favorite street skate-spots. Instead of half-pipes or bowls, it resembles everyday obstacles including various ledges, banks, stairs, hubbas, rails, benches, gaps and barriers. For 2017 we added two new rails and refinished the surface so it is as smooth as butter. The park is also lit for evening skateboarding or rollerblading. 14224 Bel-Red Road, 98007.

LAKEMONT SKATE COURT

Lakemont Community Park, 5170 Village Park Drive, 98006. Smaller than a traditional skate park, the outdoor skate court includes a pyramid, ledges, a wall-ride and other obstacles. Designed for skateboarding and rollerblading.

CROSSROADS SKATE PARK

Crossroads Community Center, 16000 NE 10th Street, 98008. This state-of-the-art bowl was built by world renowned Grindline skate park builders. Empty swimming pools paved the way for one of the earliest genres of skateboarding in the '70's. This skate park was built to emulate a similar feel, but with modern additions. The massive bowl's depths range from 4' to 9.5' and features an over-vertical 'clamshell,' multiple hips, escalators, tombstone and various coping made of steel and concrete.





***Bellevue Parks &
Community Services***

Register today

425-452-6885

ParksReg.BellevueWa.gov

Scholarships available for all programs.